

## Orientation to One Day Practice Session

We will hold our one-day practice phone call on Sunday, June 10. Depending on where in the world you're located, this may mean that you want to devote part or all of Saturday to practice, or else do it on Sunday. Either way, I encourage you to share your experience, questions, and insights on the website before the phone call.

There are no surprises here. We have been focusing on thoughts in their space-like nature, so we want to explore in practice the nature of thoughts. We have looked at two exercises for doing this:

### DTS Ex. 3, Playfulness of Thoughts

The idea here is to let thoughts arise free from the commitment to establish an order, free from the demand that they generate a gravitational pull that keeps us firmly in place in our pre-established world.

### DTS Ex. 5, Abiding in Thought

Here the idea is to challenge the dynamic of the linear flow thoughts, according to which one thought follows another in a reliable sequence, with each new thought confirming the one that has gone before, and thus confirming the whole.

To this I want to add one exercise that I mentioned during the program that is well-suited to a more intensive time set aside for practice. This is TSK Ex. 24, Marriage of Sound and Breath.

There are many ways to work with this exercise, but I am going to suggest a threefold process:

1. Be aware of the breath as it goes in and out (or as the diaphragm rises and falls). Notice how the breath continues without your having to do anything. If you think, "I am the one breathing," that is just a thought. It has nothing to do with the activity of breathing. If you think to yourself, "The breath happens without my doing anything," that is just a thought as well. This is a practice you can do at random times during the day, but right now we are thinking of it as a first stage in a more extended practice session.
2. When awareness of breathing has stabilized (there may be a stronger sense that it is the immediacy of your body that is breathing—a drawing closer of the breath—add in awareness of sounds. Let the two arise together.
3. On this basis, notice the thoughts that come and go.

Finally, during the next 10 days or so, see if you can practice the interplay of inquiry, speculation, and imagination that we explored at the end of the last phone call. I won't try to lay that out here; you can listen to my attempt to lay it out starting at 13:34 of the phone call for week 6, and continuing through 19:23.